



# THE COMMON

UNITARIAN UNIVERSALIST CONGREGATION OF CASTINE

October 2024

## It is our Mission:

To establish and promote an open and welcoming congregation that supports and sustains the spiritual, ethical, intellectual, and overall well-being of our members and friends while serving our broader communities.

## A Month of Sundays in October

- |        |  |
|--------|--|
| Oct 6  | Worship Leader: Rev. Amy DeBeck<br>Musician: Karen Froehly                                       |
| Oct 13 | Worship Leader: Rev. Amy DeBeck<br>Musician: Karen Froehly                                       |
| Oct 20 | Worship Leader: Rev. Kevin DeBeck<br>Musicians: Juliane Gardner & Chris Poulin<br><b>Potluck</b> |
| Oct 27 | Worship Leader: Rev. Amy DeBeck:<br>Musician: Colleen Fitzgerald                                 |



## Contact Us

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For questions or comments about The Common or to submit items for this newsletter, please contact Debbie Morehouse [office@uucastine.org](mailto:office@uucastine.org).

## A Minister's Meanderings

### Deep Listening

Here is what happens when deep listening is practiced between 2 or more people:

The focus is fully on the speaker.

The listener(s) are processing what is being said without interruption, to get full meaning.

When the listener asks clarifying questions it is to learn what they said, including how they might be feeling about this exchange, noting if there is anything perceived by the listener that needs clarifying. The purpose is not simply to fix a problem but to understand the speaker more fully.

Finally, the listener withholds sharing what is thought or felt about the interaction, so the speaker mainly feels that they were heard.

October's theme invites us to experience deep listening, within the messages of our October worship services and in our congregational life in general.

Friends, I know how I feel when somebody has been fully engaged in deep listening for me—it feels great! Even if the thing I share is not happy, or is heavily laden with details. Especially then. Giving that experience to

somebody else is rich. How many times has somebody said to me or somebody else, can you lend an ear while I just get this all out?

Deep listening takes into account the feelings one expresses as they speak, encouraging a fuller perception of the information being exchanged.

Deep listening can be done as a group process too. This non-judgmental information gathering method helps parties feel safe to share open and honest communication. It builds trust and a sense of community.

As Autumn settles in and changes the colors of her trees and the clothes we wear, it is also a slowing down from the summer energy of an active pace. This is a great time to try out deep listening, from either side. Or both. Understanding the value of a person's thoughts and words takes us deeper than simply listening enough to come up with an answer on how to fix a problem. May this warmth be with us at home, in Sunday's services, and whenever we are engaged with others.

In peace

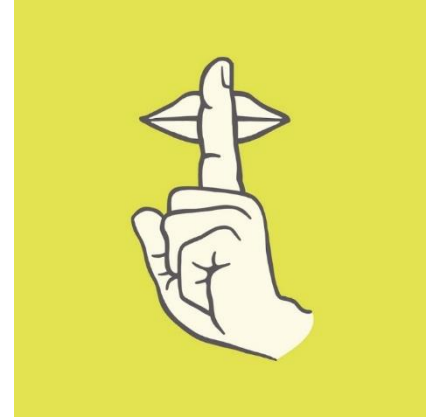
Rev. Amy



## From the President's Desk

Last Sunday, Dr. David Jarrett asked us to take a 2- minute break. We closed our eyes, put our hands by our sides, put our feet on the floor and said nothing. The 2-minute break seemed a long time, which tells you that we don't take a 2-minute break very often. We don't take time to take a break from politics, from the wars going on, from that stack of paperwork that has a deadline. We don't take a 2-minute break and enjoy the beauty outside. The leaves are changing, the weather getting cooler and oh my, how many pumpkins have you seen. So my message to you for October, is to take that 2-minute break each day, not just once. See how much better you feel, how your energy level rises and how much easier it is to deal with all else around us.

2 minutes TODAY, make that your mantra. Peace to you, Cindi

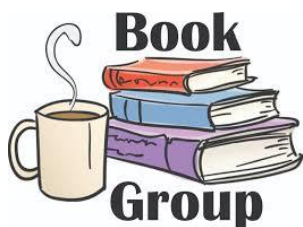


## Window Dressers



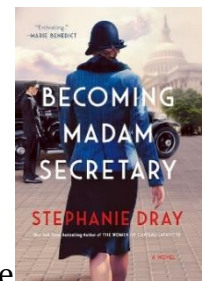
INSULATING WINDOW INSERTS

It's the time of year when we all start getting ready for winter. Were your windows cold and drafty last year? Now is the time to do something about it. Window Dressers will, again, be building window inserts. These window inserts increase the insulation value of your windows while being affordable, removable, and reusable. The deadline for measuring is October 21, 2024, so please sign up soon. To sign up, contact Barbara Fleck at [windowdressers.castine.bhf@gmail.com](mailto:windowdressers.castine.bhf@gmail.com).



## UCC READS Tuesdays at 3:30 p.m. on ZOOM.

We begin October by finishing up our discussion on *Becoming Madame Secretary*, by Stephanie Dray. Join us as we consider new books to read this month.



According to Google Books, "She took on titans, battled generals, and changed the world as we know it...New York Times bestselling author Stephanie Dray returns with a captivating and dramatic new novel about an American heroine Frances Perkins."

Consider becoming part of the UCC Reads book discussion. Drop an email to Debbie at [office@uucastine.org](mailto:office@uucastine.org), and we will add you to the weekly email reminder list.



## Opportunity Fund

The Opportunity Fund Committee has resumed our monthly meetings after a summer break. We have been pleased to add Rev Amy Debeck to the Committee which also includes Anne Price, Brooke Tenney, Pedrick Sweet, Leslie Goode, and yours truly. Cindi Kimball is taking a break to focus on our transition period with a new minister.

We have completed our Annual Report for the congregation.

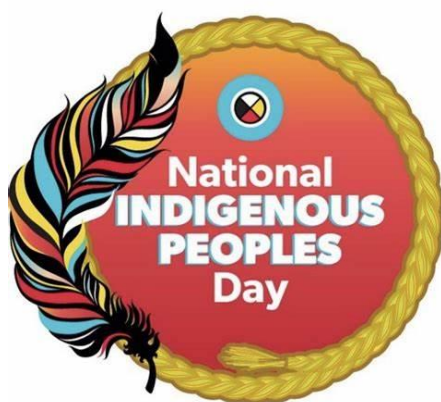
From November 2023 to date, the Opportunity Fund has seen record activity with \$88,000 in grants provided to regional non-profit organizations serving our UUCM Mission. We have focused upon priorities expressed in the recent congregational survey: poverty and regional homeless alleviation, helping all our children thrive, climate change and the environment, and Wabanaki cultural awareness.



Keep your eyes peeled for a new UUCM website section on the OF.

The OFC has supported the growing statewide distribution of the widely acclaimed Kane Lewis documentary Building Hope focusing on statewide homelessness and solutions. Several members helped at the September 19 showing to a full house at the Alamo in Bucksport. Several sister UU's will be helping further sponsor the film in Ellsworth, Belfast and beyond. The OFC is also interested in seeing local action response to the issues brought up by the film. We are inviting a potential leadership group to an initial planning meeting focused on developing an affordable housing project in the "Greater Castine" region to include Penobscot and Orland.

Bob Holmberg  
Chair, OFC



## Our Land Acknowledgement

*We gather together as a community of seekers, to honor the interdependence of life, to respect the dignity of all, and to honor the land. For thousands of years, the land we now call Castine was the ancestral fishing, hunting, and agricultural grounds of the Wabanaki people of the Dawnland. In the 1600s, European colonizers began to inhabit the Wabanaki ancestral land. Today, Maine is home to the sovereign people of the Wabanaki Confederacy; the Penobscot, Passamaquoddy, Maliseet, and Mi'kmaq peoples. We gather together on the traditional land of displaced indigenous people who continue*

*to actively work toward justice and self-determination.*

*Let us be allies and friends of the Wabanaki people of the Dawn in working toward justice and their self-determination.*



## 2024 Pulliam Grant Recipients

We are pleased to announce that eleven 501c3 non-profit organizations have been awarded Pulliam Grants for 2024. The Deborah Pulliam Social Justice Grants were created to honor the memory of the late Deborah Pulliam, a longtime member of the Congregation and benefactor for social justice causes. This year's grants total \$50,000. We are honored to announce grant funding for the following organizations:

- **Cody's Closet** – \$2,000 – to promote child welfare at events during the year
- **Finding Our Voices** – \$4,000 – to promote, disseminate and help women escape from domestic violence situations.
- **Sunlight Media Collective** – \$4,000 – to support media coverage of Wabanaki environmental issues.
- **Buck Memorial Library** – \$5,000 – to expand offerings of media and programs to the community
- **But Still I Am One** – \$5,000 – to continue the host homes program for Waldo County young adults (16-21) who are home insecure.
- **Downeast Restorative Justice** – \$5,000 – to support the Adult Harm Repair/Community Resolution Program Initiative.
- **Hancock County Habitat for Humanity** – \$5,000 – to build and support Habitat Repair Corps as part of the Aging in Place Program.
- **Healthy Island Project** – \$5,000 – to support the Healthy Island Project Lunch Box program and the Healthy Island Project Pantry.
- **Healthy Peninsula** – \$5,000 – to purchase local produce and support the Magic Food Bus program.
- **Loaves & Fishes** – \$5,000 – to support food purchases.
- **Volunteers for Hancock County Jail Residents** – \$5,000 – to purchase books, stamps, supplies, technology and assist in prisoner advocacy.

Thanks to the foresight and generosity of Deborah Pulliam, UUCC is able to use its gifts to make our world a better place. Pulliam Grants are awarded annually and are open to 501c3 organizations doing social justice work of all kinds. Applications, deadlines, and ground rules for the 2025 round of grants will be published early next year on our website, [www.uucastine.org](http://www.uucastine.org).



## No Neighbor Left Behind

Friday, October 11th, is our next NNLB, and we have a hearty, harvest-season meal to prepare and deliver. The menu consists of seasoned, roasted pork loin; baked potatoes; green beans; and apple crisp (see the recipe below).

Volunteers have already filled the slots for apple crisp baking, but the need remains for pork loin bakers, potato bakers, and the invaluable individuals who pack the meals and prepare them for delivery. To volunteer, call me at 326-4924, and I will get the pork and/or potatoes delivered to you, or you can pick them up after the Oct. 6th service.

We will meet at 1 p.m. on the 11th and send out the meals at approximately 3 p.m., so apple crisps may be delivered to the Parish Hall

anytime prior to 1 p.m. on Friday morning...or make alternative arrangements with Johanna.

A HUGE thank you goes out to the Blue Hill Hannaford store, from which 12 pork loins and all of the potatoes have been donated to us. When at that store, please thank store manager Brandon St. Louis and meat department manager Jared Lenfest for their generosity. Let me add that I didn't ask for this donation, they simply offered it when they knew what we were doing. Wow! Talk about neighbors helping neighbors!

As ever, looking forward to seeing you, and I hope you enjoy the apple crisp recipe!

Johanna

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### Apple Crisp Recipe to Serve 12

10 cups sliced, peeled apples (about 8 large apples)

Place apples in a large buttered baking pan or distribute between two 9" x 9" pans.

Sprinkle with:

1 teaspoon cinnamon (or apple pie spice)

1 teaspoon of salt

1/2 cup of water

In a separate bowl, with a pastry blender, combine:

1 1/2 cups flour

(note: substitute 1/2 c quick oats for 1/2 cup flour, if desired)

1 cup brown sugar

1 cup white sugar

2/3 cup softened butter

Distribute crumb topping over apples.

Bake at 350 degrees for 40 minutes.



## The Little Free Pantry of Castine

Begun in mid-September, the Little Free Pantry, a Castine church collaborative effort is up and running! UUCC's month for stocking and maintaining the pantry is November. To get ready, there is a table set up in the Parish House to collect non-perishable food items during the month of October. As we learn the most sought-after items, we will update you through our weekly e-newsletter, so that we can better serve our neighbors experiencing food insecurity. If you don't get our weekly e-newsletter, go to: <https://uucastine.org/newsletters/> to sign up.

### *the Little Free Pantry of Castine*

located on Court Street in Castine,  
behind the Northern Light Clinic



*Take what you need:*  
the Little Free Pantry is unlocked,  
and non-perishable food items  
are available 24/7.

*Leave what you can:*  
Castine area churches  
collaborate to keep the cupboard  
stocked. Donations of canned  
goods and non-perishable items  
are welcome.

## *Neighbors Helping Neighbors*

## Third Sunday Potluck

Join us for our regular third Sunday potluck luncheon. It's always so good to get together, sample new dishes, and engage in lively conversation!



## Welcome, Rejoice, and Begin! by wren bellavance-grace

[It's Fall!] Time to retire our swimsuits and pull out the boxes of flannels and sweaters to see what we'll carry into the new season. This may mean weeding out clothes that no longer fit, letting go of beloved homemade sweaters that the moths got into, and deciding which of last year's clothes help us present ourselves to the world in the most authentic way.

What if we took this seasonal turning to look around our congregation with the same discerning eye?

When new visitors come through your door this church year, are they seeing your congregation at its best? Are they seeing up-to-date styles? Timeless classics? Or maybe something that doesn't fit quite as well as it used to?

Over the summer, I attended worship at one of our congregations and noticed right away that every one of the windowsills sported a children's book and a Busy Bag. These timeless accessories let me know that this is a church where children belong in worship - where we rejoice in unscripted gurgles and giggles, and we know that sometimes the church busy bag is better than the one your parents brought from home. *This church welcomes families and doesn't take itself too seriously.*

On another Sunday morning, I walked through a hallway toward coffee hour and stopped to examine a painting. One member came alongside me and said, "Yeah, that's something, huh?" It depicted a historic scene, with a handshake, a piece of land - perhaps the first meeting house? I asked the member about its meaning, but they weren't sure. "It's just always been here, at least as long as I have been." It's like that Fair Isle sweater from the 80's that used to be white but now is kind of yellowed and someone's aunt brought it back from a long-ago vacation no one remembers. *This congregation has been around a long time, but what is their*



*relationship to that past? Is this painting still a good fit for who they are 150 years after it was hung?*

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This fall, imagine yourself a newcomer to your beloved congregation. What do you want people to know about you from their first impression?

Imagine you are visiting with your young children and look around your Sanctuary - how would you know your family is welcome? Do you have children's books or fidgets available?

Are there unspoken rules that the Sanctuary must be silent during the postlude? How would a new visitor know?

Is your congregation one of our New England "First Parishes" - holders of community history? How closely have you curated your congregational history? How are you embracing the best of your religious ancestors? How are you reconciling the challenging chapters of your past?

Imagine you are church shopping and you have a visual impairment. Will you find a large print hymnal? When was the last time we did an accessibility tour of our building?

If I asked what you love best about your church, I'm pretty sure you'd have a long list. How are those things made apparent to your visitors? Are there practices, habits, or even decor in your building that send the wrong message about who you are as a congregation and how you covenant to be together?

It's a new season but it's always a good time for taking account and beginning anew.

May our sanctuaries be blessed this fall with old friends and new, and may they know us by our words, and deeds, the warmth of our welcome, and the abundance of Love, held close in the center of our beloved communities.

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*Wren Bellavance-Grace (she/her) is on the Congregational Life Staff New England Region in Congregational Life*

